

Events This Month:

**Embryology Lab Presentation
Online at www.sdfertility.com**
"Mystery Behind the Microscope"
Request login info by email at
seminar@sdfertility.com

Free Internet Seminar Online
**An educational seminar with our
fertility specialists ONLINE!**
More info on our website or by
email at seminar@sdfertility.com

**Free Group Injection Instructions
On Thursday Evenings at SDFC**
Call for more information and to RSVP.

Education Topic of the Month:
**Fertility Medication Pharmacy
Refills—Service & Cost
Considerations**
Visit our display in our patient education room

Tip of the Month

Instead of music, give relaxing fertility tapes or CDs a try. They are designed for women trying to get pregnant. There is no scientific proof that they work, but they are certainly not doing any harm. Try *Earth Mama Fertility* (www.earthmamaangelbaby.com, tape \$16.95), *Enhancing Fertility* (www.innertalk.com, \$27.95), *Fertile Heart Imagery* (www.fertileheart.com, \$14.95) or *Help for Infertility* (www.fertilitymall.com, CDs \$19.95).

Quote of the Month:

"The whole staff is super pleasant to be around, and they make you feel important and relaxed and comfortable. Coming here has been a wonderful, positive experience." Patient's comment on a recent, anonymous survey.

Newsletter Subscription:

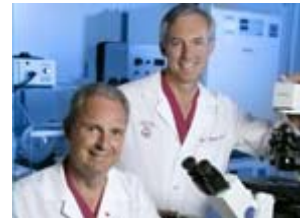
Receive our monthly email newsletter! Subscribe by sending an email to newsletter@sdfertility.com and read helpful tips and articles in over past 40 issues in our archive at www.sdfertility.com/newsletterarchive.htm.

How to Find the Best Fertility Specialist for Your Treatment

Selecting the fertility specialist for your fertility treatment is the most important decision you have to make upfront. Therefore, it is crucial to do a little research on the specialists and clinics you are considering. As the only fertility specialist, who received the honor of "Best Doctor in San Diego", Dr. Hummel was recently interviewed by a local TV news station about this topic. He mentioned in his interview (available in our online video collection at www.sdfertility.com), to which resources couples can turn to find advice on finding the right fertility doctor.

1. Your OB/Gyn should be the first contact where you can address concerns about your fertility and get initial testing done.
2. Research a fertility doctor's credentials. Find out if a board-certification and Fellowship training beyond OB/Gyn residency has been completed. In addition, does he/she have any recent reputable awards and credentials such as "Best Doctors in America" or "Best Doctors in San Diego".
3. Ask trusted friends and nurses about their patient care experiences.
4. Contact the local medical society for recommendations. The San Diego County Medical Society knows doctors who are in good standing.
5. Cost considerations. Check with your insurance company what is covered, research the cost of your treatment at the clinic of your choice, if they are offering special financial programs such as a risk sharing program.
6. Research the clinic's success rates. Trust only official numbers verified by the Center of Disease Control (www.cdc.gov). Projected numbers published by a Center can be misleading and may not reflect statistics based on live births.

For more information about our fertility specialists credentials, go to our website at www.sdfertility.com. Details about our financial plans and our "Risk Sharing Success Guarantee Program" and our success rates can also be found on our website.



Dr. Kettel (l.) and Dr. Hummel (r.) advise patients to research a physician's credentials before making an appointment.

Secure Egg Donor Application Now Available Online

San Diego Fertility Center takes its own in-house egg donor program to the next level. Egg donor candidates can now submit their application via the Internet. Using a specially developed interface on our website www.eggdonor4u.com, egg donor applicants create their own donor records, which they can complete and update on their own schedule. The entered information is stored in a secure socket layer (SSL) database. Once completed and submitted, the application is reviewed and approved by our egg donor coordinator, Chris O'Kane. The donors anonymity is protected throughout the entire process. As before, screening criteria are very strict to ensure compliance with the guidelines of ASRM and the best possible chances for successful treatment. But wait, there is more. Taking the egg donor applications online is the first step. In the next few weeks, we will also have the entire list of egg donors converted into a searchable database for the convenience of our egg donor recipient patients worldwide. Check back often at www.eggdonor4u.com for more information.